



Saving Thrown Away Food - Instead of Starving to Feed Your Kids

As we learned in "How NOT to Lose Weight," with no credit and no cash to feed her kids, Ramona felt she had no other choice but to leave her two pre-school kids home alone. With a TV set for a babysitter... a reluctant neighbor across the hall to look in on them... walking to work in the snow that heart-rending South Chicago morning, Ramona could only pray with each step she took that her children would be safe until grandma arrived "around noontime."

That is how we remember Ramona, and that gut-wrenching dilemma, one of many, to feed her kids. To ward off starvation, in spite of two minimum wage jobs, only the local food bank got her through the month.

And that is where the story turns worse. Much worse.



Americans throw away nearly half (40%) of their food every year.

Americans (a regular family of four) throw way \$2,275 worth of food annually. That is more than enough for Ramona, and millions like her, to not have to starve to feed their kids. (And gaining weight each month.)

If we saved just 15% of the food thrown away, we could feed 25 million kids, moms, and dads...and our hungry senior citizens.



Starving Seniors. And Anorexia.

The rapidly growing face of hunger in America are those over 60, on fixed incomes, low health, no job prospects, and no resources to make up for the constant rise of food prices. The rate of hunger is double for African-American and Hispanic seniors.

Six million seniors face hunger each day. In the land of plenty called America, more and more seniors are dying of malnutrition. With an aging America, that number is expected to go up 50% in the next ten years.



Seniors - dying - of - malnutrition? How can that be?

Is that how you visualize the future for your parents or grandparents... insufficient food... deteriorating nutrition...anorexia?



Yes, anorexia nervosa. Often thought of as a tragic problem for adolescent girls, **more seniors now die from anorexia than teenagers.** For reasons complex and longstanding, the last point of control in their life is for seniors to starve themselves to death, rather than face the uncertainty of daily wondering where their next meal is coming from. Is that how they deserve to live out their last years...the years that were supposed to be their “golden years?”

Looking Beyond Our Personal Weight Struggles and Eating Too Much

Sometimes we have to raise our sights a little, look beyond our own struggles with being overweight. We need to see the millions of kids, moms, dads, and seniors, who have far too little to eat. And like Ramona, fresh fruits and vegetables – **the most frequently thrown away food** – remain a missing “treat” in their lives.

Will you consider doing something about insuring food you don't eat, doesn't get wasted? Or talking to your local food bank, and helping them get more fresh fruits and vegetables onto their shelves? Helping even one family eat one healthy meal a week, or a month – working together, we can alleviate hunger that is everywhere, silently around us. Kids. Moms. Dads. Seniors. Which ones do we not want to help?



Forty % of food thrown away in America, when millions are starving? Sad. Maddening.

We each need to find a solution to help in our own way. How many more days should they go hungry?

– Boyd Jentsch

Learn more about FOOD WASTE here:

<http://www.washingtonpost.com/blogs/wonkblog/wp/2012/08/22/how-food-actually-gets-wasted-in-the-united-states/>

<http://www.marketwatch.com/story/want-to-save-at-the-supermarket-compost-2013-06-18>

<http://www.wastedfood.com/>

HEAR about WASTED FOOD here:

<http://www.npr.org/2012/09/21/161551772/the-ugly-truth-about-food-waste-in-america>

iPhone apps:

Green Egg Shopper (\$3.99) and Food Storage & Shelf Life (\$1.99) can help keep track of perishables, so you don't throw away food before its time.



HEART PLAN – WEIGHT LOSS SUCCESS Begins in Your Heart

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